

## Explore the Grand Canyon of the South

# 180 million years ago...

in an area now lying across Kentucky and Virginia, a vast inland sea receded, leaving in its wake a veritable cradle of botany. Meanwhile the river that is now Russell Fork got about the work of carving out an immense, spectacular gorge, renowned as the largest east of the Mississippi. It is the only break in the 125-mile stretch of Pine Mountain. Layer upon layer of history welcomes today's visitor. Passing through the ancient hunting grounds of the Shawnee and Cherokee, one might just as easily be tracking the 18th century legend of the lost silver mines of John Swift... or following in the footsteps of Daniel Boone as he searched for a new way into Kentucky and the Ohio River Valley. In 1767 Boone finally discovered the single passage through Pine Mountain, and thus gave the area its name:

The Breaks. Like these early wanderers, today's visitors are greeted by hidden ponds and craggy rock faces, by awesome critters, and starry nights scented by bloom...in short, by wonders at every turn.

### About the Park

- 4600 acres
- Cabins, Cottages, and Lodge
- 138-site Campground
- Rhododendron Restaurant
- Two Lakes
- Russell Fork River
- 25 miles of trails
- Activities, adventure, special programs and the deepest river gorge east of the Mississippi!

Established in 1954 by an act of Congress initiated by the efforts of the two states it crosses, Kentucky and Virginia, Breaks Park is now one of only two such interstate parks in the United States.



...where uncommon history, heritage  
and heart offer a welcome  
that never wears out.



MINTY VERBETEN

MINTY VERBETEN

### BREAKS INTERSTATE PARK

(276) 865-4413

PO Box 100 • 627 Commission Circle • Breaks, VA 24607

[www.breakspark.com](http://www.breakspark.com)





## So Much to See and Do!

Hikers, bikers, and rafters love our trails and waterways, while birders are kept busy adding to their sighting lists.



### Hiking and Biking Trails

More than 25 miles of trails lace the park, varying from easy to difficult. Most are less than one mile long, but interconnected trails offer the more ambitious hiker a good choice of routes over a variety of terrain. The Mountain Bike Trail offers breathtaking scenery. It is a stack loop trail system offering up to nearly 12 miles of riding from moderate to difficult.

### Horseback Riding

The horse was—and still is—a trusted partner and a grand way to explore the park. Guided trail rides are available seasonally.

### Fishing

Laurel Lake, Beaver Pond, and the Russell Fork River offer a variety of fishing experiences, and the promise of a good catch. Laurel Lake, a 12-acre man-made lake, and our two-acre Beaver Pond are stocked with bluegill and bass. The Russell Fork River is stocked with Rainbow Trout by officials from Virginia Game and Inland Fisheries and Kentucky Department of Fish and Wildlife Resources.

### White Water Rafting

For the serious adventurer, white water rafting is available on the raging rapids of the Russell Fork River during the first four full weekends in October. Different sections of the river provide difficulty varying from Class II to Class V+ rapids.



[www.breakspark.com](http://www.breakspark.com)

## Fun for Everyone in the Family!

### Swimming

A public Olympic-sized swimming pool provides hours of fun to park guests and area residents. Located near Laurel Lake, the main pool area offers a slide while an adjacent kiddie pool allows toddlers to enjoy the water as well.

### Boat Rentals

Pedal boats, canoes and a Johnboat are available seasonally for rental by the hour or half hour on beautiful Laurel Lake. Visitors may use these boats as a means to explore, or for fishing. Open seasonally.

### Birding

As part of the Virginia Birding & Wildlife Trail, Breaks Interstate Park is home to a variety of birds. Some of those include the Swainson's Warbler, Hooded Warbler, Black and White Warbler, Yellow Rumped Warbler, Turkey Vulture, Red Tail Hawk, and Osprey. In 2007, Peregrine Falcons were released into the park as state game officials reintroduced the species into the region. A checklist detailing the different species found here is available at the Visitor Center.

### Geocaching

The 21st Century's high-tech game of hide and seek! Geocaching is an outdoor treasure hunting game for adventure-seekers of all ages. There are currently more than 60 caches hidden in and around the Breaks Park area. GPS units are available for rental in the Visitor Center.



[www.breakspark.com](http://www.breakspark.com)

(276) 865-4413

(276) 865-4413



## All Sorts of Accommodations

Breaks Interstate Park offers the perfect choice of settings for you to rest and renew.



MINTY VERBETEN

### Cabins

Perfect for accommodating family gatherings, wedding parties, or a happy excursion with friends, our hand-hewn lake front log cabins offer luxury in a serene setting. A covered front porch complete with rocking chairs welcomes you to a three-bedroom oasis. Inside you'll discover a stone fireplace with gas logs, a washer, dryer, fully equipped kitchen, hot tub and more.



### The Lodge

81 rooms and a two-room suite offer the perfect, easy platform to begin your exploration. Rooms are available with a king, two queens, or two double beds and many have views overlooking the gorge.

### Cottages

Located within walking distance of Beaver Pond, our rustic cottages offer a restful contrast to complicated lives. Rustic, yes, but fully equipped with everything you'll need. Our two-bedroom split-level cottages have a kitchen, dining area and vaulted living room.



## And Some Home Cookin', Too!

Our accommodations range from luxury cabins to lodge rooms with breath-taking views.



### Rhododendron Restaurant and Conference Center

Do the family cooks want a vacation too? The Rhododendron Restaurant offers a broad menu selection along with breathtaking views of the gorge from our floor-to-ceiling windows. In addition to the main dining area, a banquet room is available for meetings and group gatherings. A 5,000 square-foot conference center is also available for larger events. The restaurant is open most of the year, but closes in winter—specific dates are available at [www.breakspark.com](http://www.breakspark.com). The conference center and banquet facilities are available year-round.



### Gift Shops

Located in the Rhododendron Lodge, the gift shop has those forgotten necessities like toothpaste and sun block, but the gift shop also offers the exquisite work of regional artists and artisans. Come and browse for perfect gifts like framed original paintings, hand-sewn quilts,

books by local authors, and Breaks Park apparel. A newly opened gift shop located in the Visitor Center offers items related to outdoors activities and the naturalist program. It's the perfect place to find a gift for any nature lover!



### Campground

The heart of an authentic Breaks Interstate Park explorer's experience! Our 138 sites range from a great place to pitch a tent to full RV hook-ups. Most of these sites are wooded but if you prefer, grassy areas are available. Playgrounds, a basketball court, a well-stocked camp store and a laundry facility are available. And to make fetching and carrying way more fun, golf carts can be rented by the hour or the day at the campground store.



## Enjoy Interpretive Programs and Special Events

There are special events and programs planned at Breaks Park throughout the year. From musical events that have made us an Affiliated Partner of The Crooked Road to civil war re-enactments, and a molasses stir-off to our Appalachian Heritage Festival, there's something for everyone to enjoy at Breaks Park. Some of our events are annual and some are unique. Check our full calendar of events online at [www.breakspark.com](http://www.breakspark.com). Events are added throughout each season, so check back often!



There's something for everyone to enjoy at Breaks Park!

### Visitor Center and Museum

History buffs can discover no end of new clues to follow at our museum and hands-on demonstrations. The Visitor Center offers information about everything pertaining to Breaks Interstate Park. You'll find a gift shop, park maps and books, trail guides, photographs, wildlife specimens, as well as explanations of regional culture and the park's unusual geological features. See hands-on demonstrations, and participate in interactive programming, available seasonally. Fishing licenses are also available here. The Visitor Center is open seasonally. Details are online at [www.breakspark.com](http://www.breakspark.com).



(276) 865-4413

[www.breakspark.com](http://www.breakspark.com)

## See the Beauty . . . Feel the Wonder

Breathe deep in the sweet air of the Appalachians and you'll find exactly what you're looking for... even if you hadn't imagined it yet.

Here, fractal ferns, galax, colts foot, tea berries and a profusion of fungi and moss species dot an undergrowth of rich greens with their bright yellows, oranges and pinks.

Hikers, be prepared for the catch of breath as you lift your eyes from the delicate landscape underfoot to the wonder of a raptor soaring overhead. Boaters, rafters, horseback riders, take a moment to rest in awe of these timeless mountains, as their undulating profiles resolve into the distance in ever-paler shades of blue.

Biking, hiking, riding, rafting...no matter how you choose to move through Breaks Interstate Park, you will find yourself exploring, just like those who came here first.

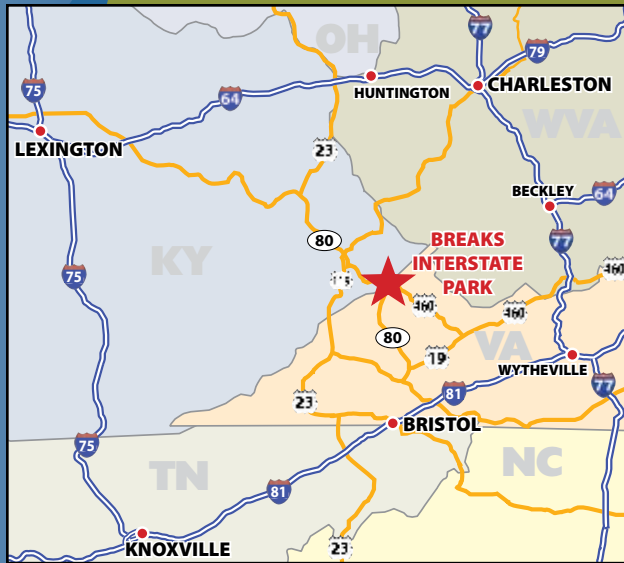


(276) 865-4413

[www.breakspark.com](http://www.breakspark.com)



# BREAKS PARK



PRSR STD  
U.S. POSTAGE  
PAID  
BREAKS, VA  
PERMIT NO. 1

**BREAKS INTERSTATE PARK**  
PO Box 100 • 627 Commission Circle  
Breaks, VA 24607

## KENTUCKY & VIRGINIA'S Grand Canyon of the South



Fun for Everyone!

Activities

Lodging

Camping

Restaurant

Special Events



[BreaksPark.com](http://BreaksPark.com)